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The Bond Briefing

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RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Beware BigPharma: Statin - Two-faced Harlot; **Human Behavior:** Awe Quenches Inflammation; **Thoughts:** MD: Prevention Better than Cure (Dr Alexander Leaf); Synthesizing Torrents of Information (E.O. Wilson).
Recipe: Pam's Cauliflower Pizza Crust. **Q&A:** Male/Female Egg Gathering; Does Xylitol Digest to Fructose? What about Buckwheat? **News Flashes:** Omega-3 Restores Serotonin. **Hints & Tips:** Beware the Drift off Course.
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Beware BigPharma

Statin: Two-faced Harlot

Statins are not miracle drugs. "Prescribed to prevent heart attacks, they are neither as effective nor as safe as we have been led to believe", says Dr. David M. Diamond, University of South Florida [1].

Statins might lower cholesterol levels, but they: "fail to substantially improve cardiovascular outcomes." Moreover, the many studies touting the efficacy of statins:

- neglect the serious side effects,
- use "statistical deception" to make inflated claims about their effectiveness.

Says Diamond: "The reality is that statins' modest benefits are more than offset by their harmful effects. These include increased rates of cancer, cataracts, diabetes, cognitive impairments and musculo-skeletal disorders [pain in the body's joints, ligaments, muscles, nerves, tendons]."

The drug companies have been 'economical with the truth' when reporting the results of their studies. Now, Fiona Godlee, chief editor of the British Medical Journal, and other health leaders, are calling for drug companies to divulge their closely guarded secrets about the harm that statins do.

Diamond advocates non-drug, lifestyle strategies to reduce cardiovascular risk: **Cont: p. 4**

Human Behavior

Awe Quenches Inflammation



Spine-tingling wonders like the Grand Canyon, Sistine Chapel ceiling or Schubert's "Ave Maria" gives a boost to the body's defense system, according to Jennifer Stellar, PhD, of UC Berkeley [2].

She finds that positive emotions – especially awe, wonder, and amazement – reduce inflammation by reducing certain cytokines. These are chemicals which signal the immune system to go on the attack. But when they are triggered unnecessarily, they are a factor in autoimmune diseases, type-2 diabetes, heart disease, arthritis, Alzheimer's disease and clinical depression.

In tests on 200 young adults, those who experienced such positive emotions had the lowest levels of the cytokine 'interleukin 6'. But which is cause, which is effect – the cytokines or the mood?

Says Stellar: "It is possible that having lower cytokines makes people have more positive emotions, or that the relationship is bi-directional". That is, that cytokines and mood can each influence the other.

My View? page 4

Thoughts

MD: Prevention better than Cure

"Our beds were filling up with patients who had suffered their second or third heart attacks, with inoperable cancers or dementia. But I had seen in my travels that these diseases were practically nonexistent among three quarters of the world's population. These conditions must be preventable".

Dr Alexander Leaf, pioneer in lifestyle preventive medicine

My View? Dr Leaf wrote this in 1965! But, in spite of Dr Leaf's efforts, medicine went the other way, focusing ever more on aggressive treatments. See: 'How American Medicine is Destroying Itself' [Aug 2011](#) [3].

Synthesizing Torrents of Info

"We are drowning in information, while starving for wisdom. The world henceforth will be run by synthesizers, people able to put together the right information at the right time, think critically, and make important choices wisely."

Harvard biologist and Pulitzer Prize winner, **E.O. Wilson**, in his book *Consilience: the Unity of Knowledge* [4].

My View? When I first read Wilson's seminal book in 1998, the Internet was embryonic - but this quote already seemed prophetic.

Evolutionary geographer Jared Diamond in his book *The World until Yesterday* [5] made the same point. (See my reviews in [Jan 2013](#) [6] and [Amazon](#) [7])

Cont: p. 4

Recipes

Many thanks to Pam Connolly, consultant chef at Ugg Foods [8], for inspiring this recipe.



Pam's Cauliflower Pizza Crust

Yield: up to 6 servings

300 g raw cauliflower, main stalk removed

1 cup almond flour (about 3½ oz)

6 tablespoons coconut flour*

1 egg, omega-3

½ teaspoon baking soda

¼ teaspoon salt

freshly ground black pepper, to taste

1. Blitz the cauliflower in the food processor until fine.

2. Add all the other ingredients. Pulse a few times until well mixed. See footnote*.

3. Spread out the dough with a spatula (and your hands) onto a 15" diameter, oiled, pizza stone, or baking sheet. Using the spatula, or your hands, press to leave a low rim around the edges. Prick the bottom of the dough with a fork.

4. Bake in a hot oven at 340°F (170°C) for about 40 minutes, until nicely browned.

5. Remove from oven and fill with your favorite toppings - for example the *Tomato Sauce Provençale* in Nicole's cookbook [Paleo Harvest](#) [9].

6. Bake for another 10 minutes or until it is all thoroughly heated.

* Coconut flour can be very variable. Alter the quantities as necessary so that the resultant dough is manageable into a ball but still sticky.

Questions

Male/Female Egg Gathering

Q. *Would women or men be responsible for egg gathering? I'm thinking women due to the gathering aspect, but also men due to the possibly dangerous large and angry bird involved!*

A. The answer is: a bit of both! Women would gather eggs from ground nesting birds when the opportunity arose. When it involved climbing trees or rock-faces to raid a nest, then the men did that.

Also men collected eggs as a by-product of a fowling expedition. In certain parts of Australia, for example, there would be nesting-season hunts of wild geese in marshy areas [10]. After killing the birds for their meat, the men would raid their nests for eggs. It made for a time of exceptional feasting on both wildfowl and their eggs.

A special case occurs with the prized ostrich egg - used by hunter gathers not only as food, but also for storing water and for fashioning into jewelry.

No one takes on a nest-sitting ostrich. But there is no need to. A harem of hen ostriches lay all their eggs in one nest. But the alpha hen will throw out some eggs which are not her own. Foragers then vie with the jackals and vultures for them.

Does Xylitol Digest to Fructose?

Q. *Does xylitol get broken down into fructose in the body? I understand that most carbohydrate foods break down into glucose but I am more concerned about fructose which, apart from fruit, I feel we should banish.*

A. No. Xylitol is a carbohydrate which is naturally present throughout the plant and animal kingdoms. Indeed, the human body produces up to 15 grams daily just from its own normal metabolic processes [11].

In normal human digestion, only some 60% of xylitol intake is absorbed, the rest remains in

the gut and behaves as a beneficial dietary fiber. As a result, it has only about 60% of the calories of a fully absorbed carbohydrate.

Of the absorbed xylitol, the body converts some 80% of it into glucose and about 20% into lactate [12]. Fructose is not an issue.

The conversion to glucose is a slow process in the liver which means that the effect on blood glucose levels is modest. Tests find that xylitol has a very low glycemic index of about 8 [13].

Fructose Anxiety

You are right to concern yourself with fructose over-consumption. The body expects to handle SOME fructose, but it gets overwhelmed by the amounts consumed today. This has become a major problem just in the last few decades.

USA fructose intake increased by 31% between 1977 and 2004 [14]. The largest increase was among 19-22 year-olds who increased intake by some 80% to 72 grams per day.

Where does all this fructose come from? A 2008 study [15] found:

- 30% from 'Sugar-sweetened soft drinks' group (colas etc.);
- 22% from 'Grain products' group: (breakfast cereals, cakes, pies, pasta, cookies and breads).
- 19% from 'Fruit and fruit juices' group,
- 11% from 'Sugars, jams and sweets' group,
- 6% from 'Dairy' group, (including ice cream and low fat/fruit yogurts).

So if you are eating the way we say, then that cuts out everything except the fruits. That means that, right there, you get into the safe zone for fructose - see: '[Fructose: It's all in the Dose](#)', [June 2012](#) [16].

But modern fruits do have more fructose than those in our ancestral diet - see: '[Fruit & Fructose Overdose](#)' [June 2009](#)

[17] and 'Fructose in Fruit', [June 2012](#) [18]. So best to focus on the low GI, low fructose fruits. I have scheduled them here: <http://bit.ly/Fruit-fructose>.

See also: 'Big Sugar: Scotch'd the Snake not Killed it?', [March 2014](#) [19]

What about Buckwheat?

Q. Can buckwheat make a good substitute for wheat to make baked goods for example?

A. No. Although buckwheat is not a cereal grain (it is related to sorrel, knotweed, and rhubarb), it does have similar properties to wheat, so it is known as a 'pseudo-grain'.

But therein lies the problem: it is starchy! So it tends to have a high GI – between 50 and 70 depending on the way it is treated and its starch composition*. This is only slightly better than wheat bread whose GI circles around 70.

Buckwheat also suffers from the other drawbacks of grains – it is micronutrient poor, not alkalizing and contains antinutrients (e.g. trypsin inhibitors [20]) and allergens [21].

Buckwheat is gluten-free and, at first blush, that might appeal to celiacs – but for the other reasons mentioned, it is not Bond-Paleo conforming and not recommended.

See: 'Sprouted Buckwheat Groats', [Sept 2011](#) [22] and 'Buckwheat for Candida', [Dec 2001](#) [23].

News Flashes

Omega-3 Restores Serotonin

In the brain, serotonin is a powerful signaling molecule or 'neurotransmitter'. As such it activates brain cells to fire messages at each other. In the

*Starch has two components: 'amylose', which is slow digesting (lowish GI) and 'amylopectin' which is rapid digesting and high GI. The average ratio in buckwheat is 25% and 75% respectively.

words of Dr Philip Cohen of Oxford University, serotonin is "a molecule involved in helping people cope with adversity - it's the 'Feel good' and 'Don't panic yet' neurotransmitter"

However, low serotonin levels are a factor in many clinical disorders, such as autism, ADHD, bipolar disorder, schizophrenia, and depression.

But why would serotonin levels be low? One big factor is omega-3 deficiency according to researchers at the Oakland Research Institute, California [24].

Omega-3s in the form of the 'fish oils' EPA and DHA suppress inflammation caused by prostaglandins series 2, and enhance the sensitivity of serotonin receptors.

A second big factor is vitamin D (sunshine) deficiency which affects over 70% of the USA population. Vitamin D controls over 1,000 genes that regulate the conversion of the essential amino acid, *tryptophan*, into serotonin.

My View? We have known for a long time that fish oils and vitamin D are important for brain health [see 'Brain Health', page 251, [Chapter 9](#) [25], *Deadly Harvest*]. But these researchers have uncovered the precise 'gene-micronutrient interactions' (as they call them).

See: 'Doc: Diet's Role in Mental Health', [Feb 2015](#) [26] and: 'Awe Quenches Inflammation', page 1

Hints & Tips

Beware the Drift off Course

Over the last year or so, both Nicole and I have noticed that our weight has been creeping up. How could this be? – We are exemplars of the 'ideal' lifestyle! As a priority we put our food intake under the microscope. Of course our diet was 99% Bond-Paleo conforming and full of nutritious, wholesome food.

But one aspect had gotten out of kilter: the ratio of high-energy-dense foods to low-

density ones. In particular, we should not be getting more than about 20% of our energy from fats.

So where was this high-energy-density food coming from? Ah! The perils of being a recipe creator! In the 12 months since publishing [Paleo Harvest](#), Nicole has been focusing on 'Guilt-free Treats' of breads, cakes and desserts.

Now, these are intended to be the occasional treat – perhaps no more than once a day.

But Nicole, by experimenting and testing recipe variants, was churning out vast quantities of baked goods.

These 'treats' were not special any more – we were eating them not only for elevenses and afternoon tea but also for breakfast, lunch and dinner! And, yes, they are rich in nuts (50% fats) and often with added oil to boot.

So we cut our intake of these down to 10% of what it was and, with some regret, now give away the 90% surplus.

The foregone 'treats' we replaced by boosting volumes of salads, crudites and vegetables.

Correcting our food intake ratio was by far the most important factor. However we did also:

- Tweak upward our physical activity – see '10,000 Steps a Day?', [July 2014](#) [27].
 - Get out for at least 30 minutes into the morning daylight (see 'Morning Sun keeps off the Pounds', [May 2014](#) [28]).
- Did it work? More details [Next Month](#) [29].

Our News

Radio Interview

Listen to Part I of my interview with guest host Dr Rita Stec on the Tom Read Show, "It seems to me", broadcast on KTRW.

In this broadcast, I discuss with Dr Stec the questions of Fats, Antinutrients and Grains from an evolutionary perspective.

Link: <http://bit.ly/Bond-audio>

Part II follows [Next Month](#).

Continued from Page 1**Statin: Two-faced Harlot**

Diamond's strategies? ... Stop smoking, lose weight, exercise more, reduce stress, and... adopt a LOW CARBOHYDRATE DIET!

Diamond concludes: "There is a great appeal in taking a pill that promises to prevent heart attacks. The reality, however, is that statins improve CVD little and their harmful effects are far more substantial than is generally known."

My View? We have seen this before. In [Oct 2013](#) I reported Dr Malhotra's comment that:

"The statin industry is a multibillion dollar juggernaut peddling a drug with dubious benefits and down-played side-effects" [30].

So of course we endorse Dr Diamond's prescription of life-style changes rather than the comfort of a pill – a comfort as deceitful as a harlot's kiss.

See also: '[Statin Guilty Secret](#)', [Sept 2010](#) [31] and: '[Statin Affects Memory](#)', [Oct 2013](#) [32].

Continued from Page 1**Awe Quenches Inflammation**

My View? We know that inflammatory cytokines are provoked by lifestyle errors, such as omega-3 deficiency, poor sleep patterns, sunshine starvation, psychological stress [33], and deficient physical activity.

Nevertheless, this study adds another dimension to the well known restorative effects of living in environments which conjure up deeply programmed

memories of our ancestral homeland. Especially they are landscapes which SPEAK TO OUR PSYCHES.

See: '[Green Spaces Deliver Lasting Mental Health Benefits](#)', [Feb 2014](#) [34] plus all the cross references and: '[Omega-3 Restores Serotonin](#)', page 3

Continued from Page 1**Synthesizing Torrents of Info**

Little did I realize that, some 17 years later, this would be my main task in life – to bring order to the muddle, to bring clarity where there is confusion; to SYNTHESIZE the torrent of information into something meaningful and useful.

See: '[Tsunami of Health News](#)', [June 2009](#) [35].



Deadly Harvest: Geoff's latest work encapsulates current thinking on lifestyle anthropology. www.deadlyharvest.com



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